

ABSTRACT

The present invention relates to an acupressure device for producing a calming/soothing effect in a person. The acupressure device applies pressure to a desired treatment zone and discharging the ionic imbalance of the treatment zone to producing such calming/soothing effect. In particular, the acupressure device is effective in treating a person having sleep problems, stress/tension, anxiety, depression, and/or imbalanced state of mind. The method of using the acupressure device for treatment of sleep problems, stress/tension, anxiety, depression, and/or imbalanced state of mind is described.

10 Doc# 522917 v6